RECIPES

SCHULZ/LEADBETTER

GUIDE

Recipes are allocated a colour as shown below:

Breakfast

Sides

Meals

Cakes / Nachtisch

Bircher Benner Muesli

Makes x1 biggish portion

Ingredients

- 2tbl oats (Bigger ones are best but any will do)
- 1 banana
- 1 apple
- Juice of 1 to 2 lemons (freshly squeezed)
- Any other fruit - e.g. handful grapes, 1x nectarine, 1x kiwi, handful blueberries or strawberries
- 2tbl condensed, sweetened milk

Technique

The night before, put thick oats in a bowl and soak in a little water, just enough to wet them. Cover with plate.

Next morning, slice the banana into the bowl, grate the apple, pour over lemon juice. Chop up other fruit and add.

Then stir in 1 to 2 tbl of the condensed milk — stir carefully and enjoy!

MUM APPROVED

Phaankuchen

Makes x10 pancakes

Ingredients

- 100g plain flour
- x1 egg
- 300ml Milk

Technique

Mix together, adding milk gradually. Stir until no lumps, and then add rest of milk. Fry in margarine or butter.

Enjoy with zimt und zucker or maple syrup. Other toppings are available.

MUM APPROVED

Sauted Potatoes

Makes 3 servings

Ingredients

- 800g new potatoes, or 1 kg old potatoes
- x1 tablespoon olive oil
- 40g butter
- 1/4 teaspoon dried thyme (or more, to taste)
- 1 clove garlic, whole and unpeeled
- Salt, pepper

Technique

It is preferable to use new potatoes for this recipe; their skins can be scraped off with a knife rather than peeled off with a vegetable peeler. If they are very small, they can be left whole or cut in half lengthwise. If you are using old potatoes, peel them, cut them in half, then cut them into slices 1/2 inch (1 cm) thick. In either case, wash the potatoes in cold water after peeling and dry in a tea towel.

Heat the oil and butter in a large frying pan. When it starts to foam, add the potatoes, thyme, and garlic. Cook over **moderate heat** for about **15 to 20 minutes**, or until tender, shaking the pan frequently to brown the potatoes evenly and avoid sticking. When the potatoes are done, season with salt and pepper, and serve immediately.

Sides Title

Makes x1 biggish portion

Ingredients

- Ingredient 1
- Ingredient 2

Technique

Technique here

Beef Bulgogi Stir Fry

Makes x2 portions

Ingredients

- 4cm/1 ½inch piece of ginger
- 4 tbsp soy sauce
- 4 tbsp mirin
- 3 garlic cloves
- 2 tbsp chopped pineapple
- 2 tsp red chilli flakes or Korean chilli powder
- 3 tbsp golden caster sugar
- 3 tsp sesame oil
- 500g sirloin or rump steak, trimmed of fat and sliced
- X1 large onion, cut into half moons
- X1 tbsp toasted sesame seeds
- 200g cooked basmati rice
- chopped spring onions, to serve

Technique

STEP 1

Put the ginger, soy, mirin, garlic, pineapple, chilli flakes, sugar and 1 tsp of the sesame oil in a food processor and blend until fine. Pour the marinade into a bowl, add the meat, mix well and leave to sit while you prepare the onion.

STEP 2

Heat the remaining sesame oil in a large wok or frying pan until very hot. Add the onion and stir fry for a few mins. Add the beef and the marinade, stirring constantly until it's cooked through, about **5 mins**. Sprinkle with the sesame seeds and serve with rice and chopped spring onions.

Red Cabbage and Sausages

Ingredients

Red cabbage – 1 small one or half a big one – sliced into fine strips
Onion – finely chopped
Apple – finely chopped
Shot of vinegar
Olive oil or sunflower oil
Sausages, preferably thick Italian ones
Salt, pepper, vegetable stock cube to taste

Technique

Heat up oil in large pan and saute onions till they turn transparent.

Add all the cabbage, turning it a few times so that it is all coated with oil and onions. Add the chopped up apples, vinegar, cover and continue to cook for about 30 minutes over medium to low heat – if not enough liquid, add a bit of stock/apple juice/red wine. Stir occasionally.

Whilst cabbage is cooking, brown sausages in a pan – don't add any oil. Pierce them in a few places with a fork, that's the only oil you will need. Turn them as they cook till they are nicely browned all over.

When cabbage is nearly done – should be much reduced in bulk and limp though not completely soft – add salt, pepper and the sausages. I cut them in half. Continue cooking for another 30 to 40 minutes, turning cabbage and sausages from time to time.

MUM APPROVED

Duck Breast stir fry

A la Mum

Makes x2 portions

Ingredients

- 2 duck breasts
- Noodles (either cooked egg noodles or ready to cook noodles)
- Stir fry vegetables of your choice
- Soy sauce
- oil

Technique

Preheat oven to **120 degrees**.

Score the skin of the duck breasts, season with salt and pepper and place in cold frying pan, skin side down. Heat frying pan (without oil) to medium hot and fry breasts for **8 minutes** until skin is golden and crisp. (a lot of fat will be released). Turn breasts over briefly (1min) to seal the flesh side and then transfer to a baking tray and place in the oven for **20 minutes**.

Fry your vegetables briefly , add the noodles and soy sauce and fry till they are hot and as you like them.

When duck is ready, take out and slice and enjoy.

Chocolate Chip Flipjohns

Makes x15 approx

Ingredients

- 100g butter or margarine
- 100g-120g brown or demerara sugar
- x1 egg
- 1 tablespoon milk
- 1 teaspoon vanilla essence
- 100g plain wholemeal flour
- ½ teaspoon baking powder
- ½ teaspoon bicarbonate of soda
- ½ teaspoon salt
- 120g rolled oats
- x1 bag plain chocolate chips

Technique

Cream the butter or margarine with the sugars. Beat in the egg, milk and vanilla. Sift together the flour, baking powder, bicarbonate of soda and salt and beat this into the mixture. Finally stir in the oats, and chocolate chips. Cover and refrigerate the dough for at least **1 hour**.

Preheat the oven to **gas mark 4, 350°F** (**180°C**). Line 4 baking sheets with non stick baking parchment. Form the dough into walnut sized balls and flatten slightly onto the baking sheets, making sure they are spaced well apart. Bake for **12 to 15 minutes**. They will still be quite soft but will harden once they have cooled down.

MUM APPROVED

Chicken Shwarma

Makes x4 portions

Ingredients

- 2 tsp cumin seeds
- 1 tsp coriander seeds
- ½ tsp peppercorns
- 2 garlic cloves, peeled and finely chopped
- A small thumb ginger, peeled and finely chopped
- 1 tsp smoked paprika
- ½ tsp ground cinnamon
- 6 boneless chicken thighs
- Finely grated zest of 1 lemon, juice of ½
- 1 tbsp olive oil
- 4 tbsp Greek yoghurt, drained
- Salt
- Iceberg lettuce

Technique

Put the cumin and coriander seeds in a small, dry pan and toast over a medium heat for about a minute, until they start to give off their aroma. Transfer to a spice grinder or a pestle and mortar with the peppercorns, and grind finely.

Mix the garlic and ginger into the spices with the paprika and cinnamon. Put the chicken into a large bowl and add the spice mix, the lemon juice and zest, the olive oil and three tablespoons of yoghurt. Season generously with salt and rub the marinade into the chicken with your hands. Marinate in the fridge for at least **two hours, ideally overnight**.

When you are ready to eat, heat the oven to **200C**. Put the chicken thighs on a foil lined baking tray and roast for **30 minutes,**
turning once, until cooked through. Leave to rest for **five minutes**, then slice them into strips. Serve on bed of iceberg lettuce, cut into strips.

Lamb with Rosemary

Serves x5

Ingredients

- 2kg leg of lamb
- 4 cloves garlic, sliced
- ½ cup olive oil
- 1 teaspoon grated lemon rind
- ½ cup lemon juice
- 1 tablespoon tomato paste
- 2 teaspoons cracked black peppercorns
- 1 ½ tablespoons seeded mustard
- 1 teaspoon sugar
- 2 teaspoons chopped fresh thyme
- ¼ cup chopped fresh rosemary

Technique

Using sharp knife, make small incisions in the lamb, insert a slice of garlic into each incision. Place lamb in large baking dish.

Combine oil, rind, juice, paste, peppercorns, mustard and sugar in medium bowl; whisk until mixture thickens. Brush lamb with one third of the oil mixture, bake in moderate oven for **10 minutes**. Brush lamb with half the remaining oil mixture, bake further **10 minutes**. Brush lamb with remaining oil mixture, sprinkle with thyme, bake in moderately slow oven for **1 hour**. Sprinkle lamb with rosemary, bake further **15 minutes** or until lamb is tender.

DAD APPROVED

Cake Title

Makes x1 biggish portion

Ingredients

- Ingredient 1
- Ingredient 2

Technique

Technique here

Cake Title

Makes x1 biggish portion

Ingredients

- Ingredient 1
- Ingredient 2

Technique

Technique here

BEN APPROVED